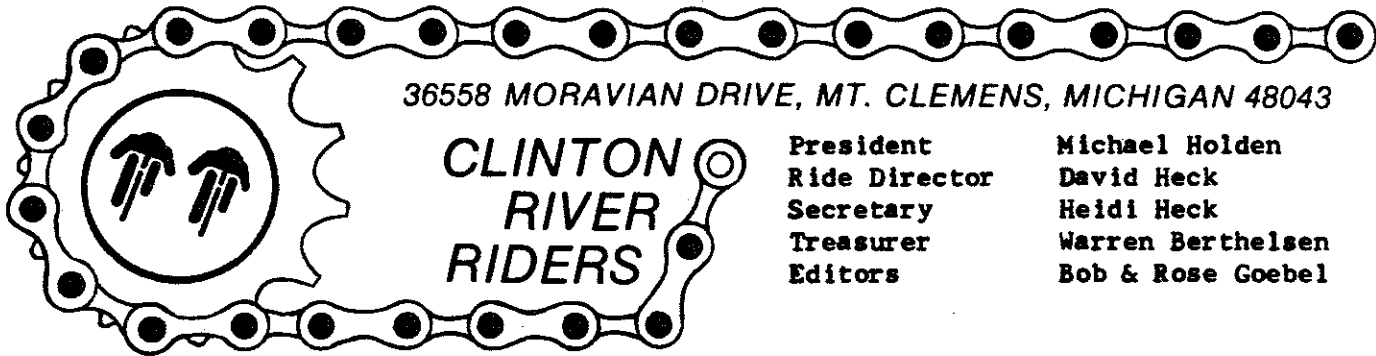


June - JULY 1988

644-88



36558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043

**CLINTON  
RIVER  
RIDERS**

President	Michael Holden
Ride Director	David Heck
Secretary	Heidi Heck
Treasurer	Warren Berthelsen
Editors	Bob & Rose Goebel

**NEXT MEETING** - Monday, July 11, 7:00 p.m. at the Mt. Clemens Community Center, located at 300 Groesbeck Highway and Lafayette. We will be using these facilities for the months of July, August and September.

**NEW MEMBERS** - The Clinton River Riders would like to welcome these new members to the club; William Cleland, James and Geraldine Gallagher, Bill Crowley, John Joseph Rabaut, and Malcolm Walsh. Hope that you have many enjoyable rides with our club.

**FROM THE DESK OF THE PRESIDENT**

The Hotline is getting a good workout. Three rides were added, one description changed, and information of general interest added so it is a good idea to call regularly.

The second of our Time Trials is coming up June 26 and I'd like to invite everyone out to participate even if you did not make the first time trial, it's a lot of fun.

Advertised paces are for the benefit of all - riders know what to expect and whether the ride is within their capabilities or not and if you are an experienced rider a slower pace is both good discipline and a chance to share your knowledge. If you have a "need for speed" call up a few fast friends and go for it! Ride leaders - you must hold the advertised pace - if someone wishes to go faster, let them go on ahead - Ride leaders must lead.

Sure would like to read about what goes on during the rides. Ride reports are fun to write and to read race reports would be nice too. (Hint: A report from inside the Bech's Mustard Jersey would be nice).

Blue Water Ramble preparations are continuing - Designs are chosen, applications are printed, school facilities reserved, etc. Mark October 2nd. on your calendar and help us make this the best ride yet!

We have ordered patches with the club logo on them, they should be in by the end of July. Remember June 20 is the deadline for ordering sweatshirts and sweatpants. New Club Jerseys are in the works - lycra or swisstex with sublimation printing - Just like the pro's!

On a personal note, many thanks to all the club members, especially Jerry and Sue, Dave and Heidi, Andy, Ed, Bob and Rose, and too many to mention. Your friendship has made a difficult situation so much easier to bear. As things stand right now the cast is scheduled to come off June 22 and I Plan to ride the time trial the 26th.

Happy Cycling,  
Mike

AMENDMENT OF THE BYLAWS - Article VII, Section 5 of the bylaws was voted on and amended at the June meeting to read as follows: Vice-President will now be known as the Ride Director, and the Historian to Newsletter Editor.

CLUB PICNIC - Judy Reaume and Bob Crowley are this years chairpersons for the clubs annual picnic. The picnic will be held July 10 at Bob Crowley's apartment complex located at 36792 Harper in Mt. Clemens. The picnic will start at 1:00 p.m.. All food and drink will be provided by the club. Please call either Judy at 725-7235 or Bob at 791-4024 by July 5th. if you will be attending.

BLUE WATER RAMBLE DESIGN CONTEST - At the June meeting the drawings were submitted and voted on by the members for this years BWR. The winning designers were: Doris Mulligan for the T-shirt, patch, and pin and Mike Holden for the jersey.

CLUB SWEATSHIRTS AND SWEATPANTS - Anyone who would like a club sweatshirt or sweatpants can do so by mailing a check to Denise Cryderman, 18618 Davidson, Fraser, MI 48026. Please make checks payable to: The Clinton River Riders. The 50/50 polyester/cotton blend sweatshirts will be red with the club logo silk screened on the back. The adult sizing chart is:

<u>SWEATSHIRTS</u>			<u>SWEATPANTS</u>	
S 34-36	XL	46-48	S 28-30	XL 40-42
M 38-40	2X	50-52	M 32-34	2X 44-46
L 42-44	3X	54-56	L 36-38	3X 48-50

The cost for a sweatshirt is \$7.50, for the sweatpants \$6.50, so for only \$14.00 you can have a complete warm up. For 2X or 3X sizes add \$2.00 for the sweatshirt and \$1.50 for the sweatpants. Deadline for orders will be Monday, June 20.

VIDEO LIBRARY - The video library has been started. Thanks to Bill Cleland, who donated "Guide to Bicycle Touring".

THANK YOU - To all the club members who participated in the Magic Ride on June 4. The day was beautiful and approximately 2,000 cyclist had a most enjoyable day. Also I would like to mention that Troy Cub Scouts had to reschedule the "BICYCLE RODEO", from June 11 to some time in September. At that time I will be asking for some assistance from club members to teach the scouts bicycle safety.

Thanks again,  
Patti Brehler

WANTED - Club member needs ride to club biking events on Tuesday, Wednesday and occasional Sunday rides. (car out of commission) 17 Mile & Ryan area. Please call Joann Doran 977-8890.

BICYCLE CAMPING - Anyone interest in trying a bike camping trip to Lakeport State Park? The park is located just north of Port Huron and has shower facilities. Maps and mileage chart for a 65 mile route will be provided. I am looking at one of the weekends in July. Meals will be in restaurants. Please call Gary Haelewyn 286-5094 by June 26 if interested or for more information.

### CLINTON RIVER RIDERS TIME TRIAL SERIES #2

The second of the Clinton River Time Trials series will be held June 26. The starting order will be based on each riders placing in the first time trial, last going first and first going last. Riders competing for the first time will follow the first rider from the last time trial.

#### SCHEDULE OF EVENTS:

Warm Up: Meet Dave Heck at Utica High School, 21 & Shelby road.  
Leaving at 6:00 a.m.

Time Trial: Stony Creek Boat Launch at 6:30. The time trial is 2 laps (12.1 miles), riders will leave at 1 minute intervals.

Ride leaving Stony creek boat launch shortly after the time trial. The ride is 25 to 30 miles at a 15 mph. pace.  
For more information call Ed Gostin at 939-6107.

P.S. Any help (timers, holders, etc.) would be greatly appreciated.

#### PROFILE OF THE MONTH - by Claudia Dominick

Over the weekend of June 3-6, I accompanied Sue Pavlat down to South Carolina for the Assault of Mt. Mitchell 1988. While traveling, Sue and I had plenty of time to get acquainted with each other. She has been cycling for about 15 years but only in the last 10 years has she taken her cycling seriously. Sue enjoys the sense of freedom she gets when cycling. Having been in the club for 8 years she has made many friends. She has been married to Jerry for 21 years and they have a son and daughter. Her greatest challenge in cycling was to climb Mt. Mitchell. Well she did that by completing the ride in 7 hours 28 minutes. What an accomplishment!! Good Job - Sue.

CLINTON RIVER RIDERS BIKING BITS OF THE MONTH - Each month we would like the members to give some helpful biking tips on bike handling, maintenance, and riding tips. These articles should be submitted to the ride director who would then select a tip to be published in the monthly newsletter.

This months biking tip: When pulling a line of cyclist from a stop position, such as a red light, accelerate slowly to the desired speed. This keeps the riders from having to speed to catch up and then suddenly break to adjust to the speed of the pace line.

### CLUB RAMBLING'S

How about a "cast off" party on June 22 for Mike Holden?

Dave and Heidi Heck will be in the market for a bugger in January. Congratulations!!!!

Congratulations to Tina Dominick for placing 2nd. in her division, in the Spring Always Movin 10k Run, held in Warren.

Larry Robb - good to see you riding again.

Thank you to Frank LoPiccolo for the delicious treat at the June Club meeting.

Jerry Pavlat's annual Castle Ride was absolutely great! Jerry and Joann Doran as his stoker on a tandem, led approximately 20 riders to the famous castle. A surprise rest stop was held at Ron Skiba's Uncle Johns home; fruit and juice was served along with the complete history of the castle. On returning, another rest stop was held at the Pavlat's home where riders were served doughnuts, fruit salad, and beverage. Looking forward to next years ride.

The hot line is great - rides have been added after the newsletter has been published. DON'T FORGET TO CALL THE HOT LINE FOR LAST MINUTE INFORMATION. 792-4670

### CRR WEEKLY RECURRING RIDES

Tuesdays - 6:30 p.m. - Meet your ride leaders, Warren Berthelsen and Ron Skiba at Pavlat's, for a 25 mile ride to Metro Beach and back. This is an easy pace of 13 to 15 mph. A good ride for families.

Wednesdays - 7:00 p.m.- Meet your ride leader Ed Gostin at the boat launch (near exit) in Stony Creek Park for an easy 12 to 14 mph. pace ride around the park. Approximately 6 miles per lap.

Thursdays - Two paces - Meet your ride leaders Doris Mulligan and Ray Dominick at 6:00 p.m. for a 15-17 mph. pace and John Edry 6:30 p.m. 18+ mph. pace for a ride to Stony Creek and back (approximately 30 miles). Meet at the bank at 17 Mile and Garfield.

Fridays - 6:00 p.m.- Meet your ride leaders Doris Mulligan and Gary Haelewyn in the northeast corner of MCCC South Campus parking lot, for a 15 to 17 mph. pace to Grosse Pointe for ice cream.



### CLUB RIDE SCHEDULE

PLEASE CALL THE CLUBS HOT LINE (792-4670) BEFORE A SCHEDULED RIDE FOR ANY LAST MINUTE CHANGES.

PACE - The speed ridden at while moving - NOT the average speed.

Sunday June 19 - Fathers Day - Ray Dominick will be leading a 80 mile ride to Lake Orion, leaving from Pavlat's at 6:30 a.m., at a 16-17 mph pace. Anyone who would like to ride 40 miles meet Ray's group at Big Boys on Van Dyke north of 29 mile rd. at 8:00 a.m.. Breakfast will be in Lake Orion.

Sunday June 26 - Clinton River Riders Time Trials Series # 2-6:30 a.m. Stony Creek. See Time Trials on page three.

Sunday July 3 - Meet Doris Mulligan in Royal Oak at 11 Mile Rd. and Main at 7:00 a.m. for a 16-17 mph. ride to the Wabeek ride. This is a partially hilly route of 50 miles.

Monday July 4 - Firecracker 100 - Meet John Edry at the southeast corner of Normandy and Crooks Rd. at 6:30 a.m. for a 28 mile ride to Milford and ride the fifty mile loop of the Firecracker 100. Those returning may stop at Hanna's German Bakery. The pace will be 16-17 mph. Those who are interested in only riding the 50 loop meet at the registration at 8:30 a.m.. Total 106 miles.

Saturday July 9 - ONE HELLUVA RIDE Chelsea Michigan - (4) routes, 35, 50, 74 & 106 miles. Meet at registration at 8:00 a.m.

Sunday July 10 - John Edry will be leading a ride to Club picnic. Call the hot-line for final details. 792-4670

Sunday July 17 - Bob Crowley's annual Point Pelee Ride - This is a good family event for riders and non-riders to enjoy a day of sun and fun at Point Pelee, Ont. For the fast riders (22-30+) a 110 mile ride (round trip) with primes leaving from The University Mall at the foot of the Ambassador Bridge at 7:00 a.m. The 15-17 mph. pace riders, meet at Maria's restaurant in Amherstburg, at 7:30 a.m. where after breakfast everyone will continue to ride to Point Pelee at a 15-17 mph. pace (75 mile round trip from Amherstburg). Family and friends can bring the picnic baskets and meet the riders at the park (Blue Heron Picnic Area). Don't forget to bring your swim suits and proper identification.

Sunday July 17 - Ray Dominick and Rich Dyer will be leading a ride to Henry's Restaurant in Algonac for breakfast. Two starting points - Point 1 - Ray will be leaving from Pavlat's at 7:00 a.m. (65-70 mile round trip). Point 2 - Rich Dyer will be leaving at 8:00 a.m. from the Citizens Bank, at 21 mile rd. and Sugarbush (40-45 miles) at a 16-17 mph. pace.

### RIDES SPONSORED BY OTHER CLUBS

July 9 - Midnight Rendezvous III - Windsor Ont.- A night ride into Essex County and through downtown Windsor. 40 km ride. Sponsored by the Windsor Bicycle Club.

July 23 - WOMEN ON WHEELS BICYCLE TOUR - Mason, Michigan - Three routes, 15, 30, and 50 mile loops. Sponsored by the Tri-County Bicycle Association.



July 24 - Ride Around Torch - Elk Rapids, MI - Three routes of 25, 62 and 100+ miles. Sponsored by the Cherry Capital Cycling Club. For more information, please contact Warren or Barb Berthelsen 781-6706.

July 31 - August 6 - Shoreline Bicycle Tour - A seven day tour from Three Oaks, MI to Traverse City, MI, approx. 50 mi. per day.

August 7 - River Raisin Tour - 31, 62 and 100 mile routes. Sponsored by the Monroe County Cycling.

August 20-21 - Assenmacker 100 - Swartz Creek MI - 50, 100, 200k & 100 mi. routes in Genesee, Livingston & Shiawassee Counties.

August 31-September 4 - DALMAC - A four and five day tour from Lansing to St. Ignace MI.

September 25 - Apple Cider Century - Three Oaks, Michigan- Routes of 25, 50, 75, and 100 miles.

There are many bike tours this season from various bike clubs; registration forms and other information are available at Pavlat's.

#### ON THE ROAD WITH DUANE AND E.A.

Dear Club Members,

First we want to thank everyone for the lovely party, and all the great gifts we received. Also it was a beautiful send off we got when we left Sat. morning (April 16, 1988) I wish we could take all of you with us, to help carry gear, but you will be in our hearts and our thoughts all the way to Alaska and beyond. We have been on the road 10 days and have progressed a little slower than we first anticipated. We have made it to the U.P. and are taking a day off just outside of Newberry. Although it has been cold, one morning we woke up to 2 inches of snow; winter camping has it's advantages. For one, we get our pick of any site in the campgrounds. There is never a line at the out house, and you get to wake up to a large selection of bird songs every morning instead of an alarm clock.

While planning, Duane and I worked to get all our gear alike to cut down on spare parts and tools. That idea carried over into our clothing and we found that is not a good idea when your close in size. On one very cold day, Duane complained his feet were cold and wouldn't warm up, especially his left. Late in the afternoon when his foot was almost numb, we stopped to rub it and get some feeling back. That's when he noticed he had on my left shoe, one size smaller than his.

We have had three encounters with dogs. Two we were able to outrun which isn't as easy when your loaded down. The other dog we didn't have a chance with. I wasn't even on my bike. I had stopped to take a picture when I noticed him approaching us. Before we could do anything he walked right past Duane and I over to where my bike was. He sniffed my bags, lifted his leg on my tire, and returned across the road without even a glance in our direction.

So far the typical day seems to start out very cold in the

morning and then warms to just cold by afternoon with head winds most of every day. Duane is teaching me how to ride more efficiently in headwinds and its getting easier each day. The scenery so far has been beautiful We've had flat farmlands, rolling hills and right now we are in mild hills and pine forest.

We would like to hear from the club members once in a while. Please write to us and give the letters to Teddy or mail them to 407 N. Main, Romeo, MI 48065 and mom and dad will send them out in our next mail drop. Until then.....

Happy pedaling,

Duane and E. A.

Editors Note: Due to computer error, Duane and Elizabeth's 1st. letter was, accidentally deleted from the previous months newsletter.

#### ON THE ROAD WITH DUANE AND E.A.

Dear Club Members,

We are currently in South Dakota more than 2000 miles from home. In a couple of days we hope to be in the black hills where there is lots to see, including a gold mine, (maybe we will get lucky and find gold). I think the last time we wrote we were still in Michigan. A lot has happened since then. We crossed Wisconsin on highway 70. We had so much fun the first day just going up and down the hills, we were like two little kids who never played in the hills before. The next morning wasn't so much fun for Elizabeth, she kept complaining someone forgot the downhill's, but by 11:00 we crossed the Eastern Continental Divide and the downhill's returned. We were in National Forest land most of the way across Wisconsin. That's where there isn't much wind, the roads are nice, not very much traffic, and the scenery is beautiful.

We stayed overnight in a little town called Oxloo, WI because the campgrounds came highly recommended. When we pulled in to register the women greeted us and said there were three campsites on the river and overflow camping is back. At first I thought we had the wrong campgrounds; we picked out our spot, then went in to the bar/restaurant for a cold pop. That's when we found out, not only was this the right campground, it is also the entire town of Oxloo. The bar/restaurant is also the grocery store, gas station, souvenir shop. The menu includes custom made brown bag lunches with advance notice. Talk about a small town.

Since we left Michigan, we noticed something else. The people seem to take us more seriously and are more generous. It's like they can't seem to do enough for us. When we crossed the next border we planned to camp in Isle Minn. We felt pretty good, I had just hit 1000 miles so we stopped in for a cold beer and pop, before setting up camp. The reception was over whelming. We were interviewed by the paper (our third interview this trip) Four people offered us a place to camp. Then one couple took us out to dinner, gave us a bed to sleep in, fed us breakfast, and when we left, thanked us for a great time and for sharing our evening with them. They even want to start a bike

ride in our honor, called the "Tour de Isle." It will be 5 blocks around town then back to the bar to celebrate.

Minnesota is another beautiful state with a lot to see. We strongly recommend the Stasca State Park. There is a 25 mile bike route around the park with lots of interesting things to stop and see along the way. The only bad thing about cycling in the park, is slow cyclists. It is easy to do 20 or 25 mph. down some of the hills and they have blind curves at the bottom. We were lucky and had the paths all to ourselves when we were there. The park is also the head waters of the Mississippi. Duane couldn't resist riding through it. Before we leave Itasca, we have to call home to our dentist for Elizabeth's tooth. He recommends we find an Endodontist (root canal specialist). This is no easy task but we found one in Fargo North Dakota. Elizabeth is now on penicillin (more to carry) to keep the infection cleared up till we get home. The root canal will take three weeks to do.

North Dakota has been the most surprising state of all. Not because it is more beautiful than the others but because no one seems to see it. All along people have been telling us North Dakota is flat, boring, and windy. We can assure you it is not flat. In over 600 miles of travel through this state we found only one flat stretch and it was less than 10 miles. We have noticed things seem bigger out here, (except the towns) much more open. Instead of farming 100's of acres, farmers work 1000's of acres. They don't even speak in terms of acres, but sections (360 acres). None of it is flat. It's all on rolling hills. This is something you cannot describe, you have to see it to enjoy it. There are also many little roadside marshes and lakes. Everyone that had water also had ducks of some sort, so its been great for bird watching. And then there's the badlands, beautifully colored mountains. But watch out for buffalo. Duane almost ran into one coming down the side of a mountain. A little more exciting than watching out for dogs back home.

The wind is like nothing I've ever experienced. 30 mph. is common, and its gusts from there. Sometimes we have to ride with our bikes slanted into it. Sometimes when its in your face you just grunt up the hills and are glad to be rolling at 5 or 6 mph. Then you pedal downhill or you stop. Then sometimes when its at your back and your talking and laughing, you look down and your speedometer reads 22 mph. That's when you think, why pedal, I can still feel the wind pushing at my back. Those are the days I like the best. Please write and have a safe and happy cycling season.

Duane and EA

p.s. Congratulations on all the good times everyone got at the time trial.

Editors Note: Duane and Elizabeth Neiman left April 16, 1988 from Romeo, Michigan and are cycling their way to Alaska.



Mt. Mitchell - June 5, 1988

Encouragement, challenge, inspiration and hard training are the ingredients in getting on to the top of Mt. Mitchell 6,684 feet.

There are so many people I owe a great BIG "THANKS" TO: Teddy, for riding with me on the Metro Grand Spring Tour when I did my first century this year. He kind of took me under his wing like a mother hen. My big friend John for leading the 100+ mile "hilly" ride to whip me into shape. Ray, Rich, Ken and William for all their encouragement, telling me I could do it. Doris for all her hugs and smiles telling me to "Knock'em DEAD". Andy for reminding me that "it's just a hill"! Thank you Heidi for your phone call telling me to be happy with whatever I did, and to Patti for your encouraging phone call just before I left Friday. And to my inspiration, very special friend and coach David, thank you for sharing your knowledge and tips; and especially for riding with me those few mornings before work and over Memorial Day weekend. It meant a lot to me. By watching you on RAAM last year, you inspired me to get some of my own personal goals. Thank you Claudia and my non-cyclist friend Linda for taking time off work to be my support crew. You were "GREAT"! And a very special thanks to Jerry for putting up with my roller riding under our bedroom at 6:00 a.m. during the winter, and for your understanding when I would come into work late on Saturdays because I was out training. I thought of all of you while climbing. It keep me going. All of you consider yourselves hugged!!

I didn't want to let any of you down. Jerry and I pushed some figures around on paper and I felt I could complete Mt. Mitchell in 9-10 hours. If I did that I would be very happy. Well the weather was perfect, my crew was there when I needed them and I was feeling great (most of the time, except when my cateye was reading 4 mph. with my cadence below 50 rpm's). I rolled across the finish line at the top in 7 hours 28 minutes. I heard a rumor from a guy on the bus coming down from the top that I might have finished among the top 5 women. I will eagerly be watching my mail box for the final results.

I believe encouragement, challenge, inspiration and hard training can help a person push on to complete what seems like the impossible.

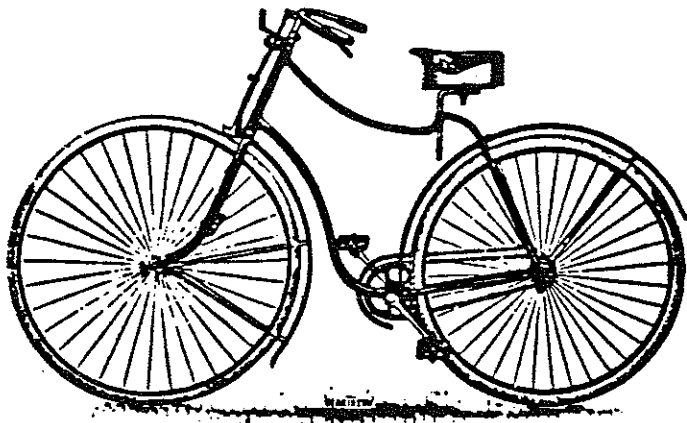
Thank you one and all!

Sue Pavlat

p.s. Congratulations to Mike Boden, who also conquered Mt. Mitchell in 10 1/2 hours.



# June 1988



SUN MON TUE WED THU FRI SAT

PLEASE CALL THE CLUB'S  
HOT LINE FOR ANY LAST MINUTE  
CHANGES 792-4670

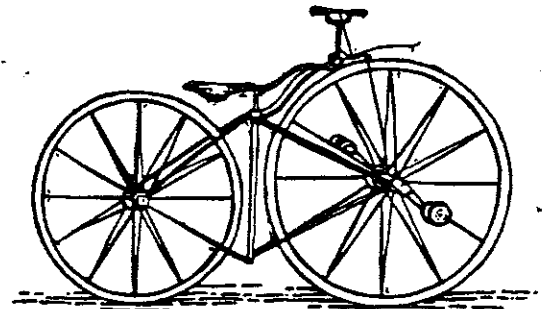
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5	6	7	8	9	10	11
12	13	14 Metro Beach 6:30 p.m.	15 7:00 p.m. Stony Creek Boat Launch	16 Stony Creek 6:00 p.m. 6:30 p.m.	17 Ice Cream Ride 6:00 p.m.	18
19 Lake Orion 6:30 a.m. 8:00 a.m.	20	21 Metro Beach 6:30 p.m.	22 7:00 p.m. Stony Creek Boat Launch	23 Stony Creek 6:00 p.m. 6:30 p.m.	24 Ice Cream Ride 6:00 p.m.	25
26 Time Trials Stony Creek 6:30 a.m. Warm-up ride 6:00 a.m.	27	28 Metro Beach 6:30 p.m.	29 7:00 Stony Creek Boat Launch	30 Stony Creek 6:00 p.m. 6:30 p.m.		

# July 1988

SUN MON TUE WED THU FRI SAT

CALL THE CLUB'S HOT LINE 792-4670  
FOR ANY LAST MINUTE CHANGES

					1	2
3 7:00 a.m. Habeek Ride	4 Firecracker 100 6:30 a.m. 8:30 a.m.	5 Metro Beach 6:30 p.m.	6 7:00 p.m. Stony Creek Boat Launch	7 Stony Creek 6:00 p.m. 6:30 p.m.	8 Ice Cream Ride 6:00 p.m.	9 One Helluva Ride 8:00 a.m.
10 Ride - call Hot Line Club Picnic 1:00 p.m.	11 ** Club Meeting 7:00 Mt. Clemens Community Center	12 Metro Beach 6:30 p.m.	13 7:00 p.m. Stony Creek Boat Launch	14 Stony Creek 6:00 p.m. 6:30 p.m.	15 Ice Cream Ride 6:00 p.m.	16
17 Point Pelee 7:00 a.m. Henry's 7:00 a.m. 8:00 a.m.	18	19 Metro Beach 6:30 p.m.	20 7:00 p.m. Stony Creek Boat Launch	21 Stony Creek 6:00 p.m. 6:30 p.m.	22 Ice Cream Ride 6:00 p.m.	23
24	25	26 Metro Beach 6:30 p.m.	27 7:00 p.m. Stony Creek Boat Launch	28 Stony Creek 6:00 p.m. 6:30 p.m.	29 Ice Cream Ride 6:00 p.m.	30
31	** Please note new monthly meeting place.					



MEMBER LIST

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

DATE

